



Bridge Nepal Treks & Travels

Ananda Bhairab Marg, Naxal, Kathmandu

Phone: +977 9802397328 | +977 9851425260

Email: info@bridgenepaltreksandtravels.com

Website: www.bridgenepaltreksandtravels.com

Island Peak Expedition with Everest Base Camp Trekking - 19 Nights and 20 Days | Climb up your 1st above 6000m summit

Price	2550.00
Duration	19 Nights and 20 Days
Location	Nepal

Tour Overview

The Island Peak Expedition with Everest Base Camp Trek is a premium Himalayan adventure that combines two of Nepal's most iconic experiences into one extraordinary journey. This carefully designed itinerary blends the legendary Everest Base Camp Trek with a technical summit climb of Island Peak (6,189m), offering a rare opportunity to explore the world's highest mountain region while stepping into the world of mountaineering.

The journey begins with a scenic flight to Lukla, where the dramatic Himalayan landscape immediately sets the tone for the adventure ahead. From here, the trail follows ancient Sherpa trading routes through Sagarmatha National Park, a UNESCO World Heritage Site known for its alpine forests, glacial rivers, and breathtaking mountain scenery. Each day reveals a new perspective of the Everest region, where towering peaks, deep valleys, and traditional stone villages create a truly immersive Himalayan experience.

As you trek through Phakding, Namche Bazaar, and Tengboche, you are introduced to the rich Sherpa culture, deeply rooted in Tibetan Buddhism. Monasteries adorned with prayer flags, spinning prayer wheels, and centuries-old traditions offer a powerful cultural dimension to the journey. Namche Bazaar serves as the vibrant heart of the

region, while Tengboche Monastery provides a spiritual highlight framed by the majestic silhouette of Ama Dablam.

The route continues toward Dingboche and Lobuche, where the landscape transforms into a high-altitude alpine environment. Eventually, you reach Everest Base Camp (5,364m), standing at the foot of the world's highest peak, surrounded by the dramatic Khumbu Icefall. A sunrise hike to Kala Patthar (5,545m) offers the most iconic panoramic view of Mount Everest, Lhotse, and Nuptse, creating an unforgettable Himalayan moment.

After completing the Everest Base Camp section, the journey transitions into the Island Peak climbing phase. The trail leads into the remote Imja Valley, where Chhukung serves as the gateway to the peak. Here, professional guides provide essential training in rope techniques, ice axe handling, and glacier travel, preparing climbers for the summit push.

Island Peak itself is a thrilling introduction to Himalayan mountaineering. The ascent involves glacier crossings, fixed rope sections, and a challenging headwall before reaching the summit at 6,189 meters. From the top, climbers are rewarded with spectacular views of Lhotse, Makalu, Baruntse, Ama Dablam, and the surrounding Himalayan giants.

The descent retraces through the Khumbu Valley, offering a final opportunity to absorb the beauty of the region before returning to Lukla and flying back to Kathmandu. Throughout the expedition, carefully selected teahouse accommodations provide warmth and comfort, each offering incredible mountain views that enhance the overall experience.

This expedition is ideal for trekkers seeking more than just a hike to Everest Base Camp. It is a complete Himalayan journey that combines cultural immersion, high-altitude trekking, and real mountaineering challenges into one unforgettable adventure in the heart of the Himalayas.

Trip Highlights

- Combine two iconic Himalayan adventures in one journey: Everest Base Camp Trek (5,364m) and Island Peak Summit (6,189m)
- Reach Everest Base Camp, the legendary expedition starting point beneath the Khumbu Icefall and towering Himalayan giants
- Witness a spectacular sunrise from Kala Patthar (5,545m) with panoramic views of Mount Everest, Lhotse, Nuptse, and surrounding peaks
- Summit Island Peak (6,189m), one of Nepal's most popular trekking peaks, offering a true introduction to mountaineering

- Experience technical climbing elements including glacier walking, fixed rope ascent, crampon use, and ice axe techniques
- Trek through the heart of the Everest region inside Sagarmatha National Park, a UNESCO World Heritage Site
- Explore vibrant Sherpa towns and villages including Lukla, Namche Bazaar, Tengboche, Dingboche, and Chhukung
- Visit the spiritual Tengboche Monastery, surrounded by dramatic Himalayan peaks and deep Buddhist traditions
- Enjoy breathtaking views of Everest, Lhotse, Ama Dablam, Makalu, Baruntse, and Cho Oyu throughout the trek
- Cross diverse Himalayan landscapes from lush forests and suspension bridges to glaciers, moraines, and alpine terrain
- Benefit from proper acclimatization days in Namche Bazaar and Dingboche for safety and summit success
- Perfect expedition for trekkers seeking a blend of high-altitude trekking, cultural immersion, and peak climbing challenge

Detailed Itinerary

Arrival in Kathmandu (1,400m)

Accommodation: Best available hotel in Kathmandu

Altitude: 1,400m

Upon arrival at Tribhuvan International Airport, you are warmly welcomed by our representative and transferred to your hotel in the heart of Kathmandu. The bustling streets of Thamel offer your first glimpse into Nepal's vibrant trekking culture, filled with gear shops, cafés, and mountaineering history.

The rest of the day is reserved for rest and preparation. In the evening, a detailed expedition briefing is conducted, covering the Everest Base Camp route, Island Peak climbing plan, safety protocols, and equipment check. This marks the beginning of your Himalayan journey into the world of Everest expeditions.

Flight to Lukla and Trek to Phakding (2,610m)

Accommodation: Best available teahouse in Phakding

Distance: Approx. 8 km

Duration: 3-4 hours trek

Altitude: 2,610m

A breathtaking mountain flight from Kathmandu to Lukla introduces you to the dramatic Himalayan landscape. Landing at one of the world's most iconic airstrips, the expedition officially begins. The trail descends gently through pine forests, suspension bridges, and small Sherpa settlements.

You follow the Dudh Koshi River, passing mani stones and prayer wheels that reflect the deep Buddhist heritage of the Khumbu region. The walk is peaceful and scenic, offering your first encounter with Everest trekking culture. Phakding, a quiet riverside village, provides a calm introduction to high-altitude trekking.

Trek from Phakding to Namche Bazaar (3,440m)

Accommodation: Best available teahouse in Namche Bazaar

Distance: Approx. 10-11 km

Duration: 6-7 hours trek

Altitude: 3,440m

The trail today becomes more demanding as you enter Sagarmatha National Park. Crossing multiple suspension bridges, including the famous Hillary Bridge, the route gradually ascends through dense pine and rhododendron forests.

As you climb higher, glimpses of Thamserku and Kongde Ri peaks begin to appear. The final ascent to Namche Bazaar is steep but rewarding, revealing the vibrant Sherpa capital nestled in a natural amphitheater. Namche is the cultural and trading hub of the Everest region, offering bakeries, markets, and panoramic mountain views.

Acclimatization Day in Namche Bazaar (3,440m)

Accommodation: Best available teahouse in Namche Bazaar

Altitude: 3,440m

This essential acclimatization day helps your body adjust to altitude. A short hike to the Everest View Hotel offers stunning panoramas of Everest, Lhotse, and Ama Dablam. You may also explore the Sherpa Museum, which showcases mountaineering history and local culture.

Namche Bazaar itself is vibrant and alive with trekkers, climbers, and traders. This rest day is both strategic and cultural, allowing you to absorb the rhythm of Himalayan life while preparing for higher elevations ahead.

Trek from Namche Bazaar to Tengboche (3,860m)

Accommodation: Best available teahouse in Tengboche

Distance: Approx. 10 km

Duration: 5-6 hours trek

Altitude: 3,860m

The trail contours along ridgelines with breathtaking views of Everest, Nuptse, Lhotse, and Ama Dablam. Descending through forests and crossing the Dudh Koshi River, you gradually ascend toward Tengboche.

Tengboche Monastery, the spiritual heart of the Khumbu region, stands surrounded by towering Himalayan peaks. Evening prayers inside the monastery create a deeply spiritual atmosphere, enhanced by the sound of chanting monks and fluttering prayer flags.

Trek from Tengboche to Dingboche (4,410m)

Accommodation: Best available teahouse in Dingboche

Distance: Approx. 11 km

Duration: 5-6 hours trek

Altitude: 4,410m

The landscape begins to change dramatically as forests fade into alpine terrain. The trail passes through Pangboche, one of the oldest Sherpa villages, known for its ancient monastery and strong cultural heritage.

Ama Dablam dominates the skyline, often considered one of the most beautiful mountains in the world. The valley opens into Dingboche, a high-altitude settlement surrounded by stone-walled fields protecting crops from harsh winds.

Acclimatization Day in Dingboche (4,410m)

Accommodation: Best available teahouse in Dingboche

Altitude: 4,410m

A crucial acclimatization day with optional hikes to Nangkartshang Peak. From the summit, panoramic views of Makalu, Lhotse, Island Peak, and Ama Dablam reward your effort.

Dingboche offers a raw Himalayan environment where trekkers prepare for extreme altitude. The silence of the valley, combined with glacial winds and vast open landscapes, creates a powerful sense of isolation and beauty.

Trek from Dingboche to Lobuche (4,940m)

Accommodation: Best available teahouse in Lobuche

Distance: Approx. 8-9 km

Duration: 5-6 hours trek

Altitude: 4,940m

The trail ascends gradually through alpine terrain and memorials dedicated to climbers who lost their lives on Everest. The atmosphere becomes more rugged and spiritual.

Views of Nuptse ridge grow more dramatic as you approach Lobuche. The high-altitude environment becomes more intense, preparing trekkers for the Everest Base Camp region.

Trek to Everest Base Camp via Gorak Shep (5,364m)

Accommodation: Best available teahouse in Gorak Shep

Distance: Approx. 12 km

Duration: 7-8 hours trek

Altitude: 5,364m

A historic day as you reach Everest Base Camp, standing at the foot of the world's highest mountain. The trail crosses glacial moraine landscapes with Khumbu Icefall dominating the view.

Everest Base Camp is a dynamic and symbolic location where expeditions begin their ascent of Everest. After spending time at the base camp, return to Gorak Shep for overnight stay.

Kala Patthar Sunrise and Return to Pheriche (4,240m)

Accommodation: Best available teahouse in Pheriche

Distance: Approx. 15 km

Duration: 6-7 hours trek

Altitude: 4,240m

An early morning hike to Kala Patthar offers the best panoramic view of Mount Everest, along with Nuptse and Pumori glowing at sunrise. The descent begins afterward through familiar trails toward Pheriche.

Trek from Pheriche to Dingboche (4,410m)

Accommodation: Best available teahouse in Dingboche

Distance: Approx. 7 km

Duration: 3-4 hours trek

Altitude: 4,410m

A relaxed descent back to Dingboche allows recovery after the Everest Base Camp section. The scenery feels familiar yet refreshing, with wide Himalayan valleys and towering peaks surrounding the route. Today our hike will be short and we will rest for Island Peak.

Trek from Dingboche to Chhukung (4,730m)

Accommodation: Best available teahouse in Chhukung

Distance: Approx. 5-6 km

Duration: 3-4 hours trek

Altitude: 4,730m

The trail leads into the Island Peak region, with dramatic glacier views and rugged alpine terrain. Chhukung is a small settlement at the base of Island Peak, surrounded by towering ice formations. We can see the beautiful view of mountains from Chhukung.

Training and Acclimatization in Chhukung (4,730m)

Accommodation: Best available teahouse in Chhukung

Altitude: 4,730m

This day is dedicated to climbing preparation and acclimatization. Professional guides provide training in rope techniques, ice axe use, and safety procedures required for Island Peak ascent.

Trek to Island Peak Base Camp (5,200m approx.)

Accommodation: Tent or best available base camp setup

Distance: Approx. 4-5 km

Duration: 3-4 hours trek

Altitude: 5,200m

The route climbs through rocky moraines and glacial terrain to Island Peak Base Camp. The environment is raw, silent, and surrounded by dramatic Himalayan walls. However, I suggest you to experience rather than describing here :)

Summit Island Peak (6,189m) and Return to Chhukung

Accommodation: Best available teahouse in Chhukung

Distance: Full summit expedition

Duration: 10–12 hours

Altitude: 6,189m

A challenging alpine ascent involving glacier travel, fixed ropes, and steep headwalls leads to the summit of Island Peak. From the top, breathtaking views of Lhotse, Makalu, Ama Dablam, and surrounding giants unfold. We will move for summit push early in the morning, inbetween 1 and 4. We will be at the summit to witness the beautiful sunrise viewing it from the top of the world.

After celebrating the achievement, descend safely back to Chhukung.

Reserve / Safety Day

Accommodation: Best available teahouse in Chhukung or Dingboche

This buffer day ensures safety in case of weather delays or acclimatization needs before or after summit attempts. We will enjoy relaxing at the body massage in Dingboche after a successful acclimatization.

Trek from Dingboche to Namche Bazaar (3,440m)

Accommodation: Best available teahouse in Namche Bazaar

Distance: Approx. 18–20 km

Duration: 6–7 hours trek

Altitude: 3,440m

A long descent brings you back through Pangboche and Tengboche, retracing beautiful landscapes of the Khumbu region. In the night we can have a walk around Namche Bazaar, a beautiful settlement on the mountains. Travellers share, they are everytime ready to spend rest of their day in Namche Bazaar.

Trek from Namche Bazaar to Lukla (2,860m)

Accommodation: Best available teahouse in Lukla

Distance: Approx. 18 km

Duration: 6–7 hours trek

Altitude: 2,860m

The final trekking day passes through suspension bridges, forests, and Sherpa villages. Lukla marks the completion of the trekking journey. Today, you will be having the farewell dinner with your guides and porters, Enjoy in the Luklaaaa!

Flight from Lukla to Kathmandu (1,400m)

A scenic mountain flight returns you to Kathmandu. The rest of the day is free for relaxation, shopping, and celebration enjoying the night life of Thamel. Today, we will be celebrating for successful Everest Base Camp and Island Peak Expedition.

Departure from Kathmandu

Transfer to the airport for your onward journey with an unforgettable expedition combining Everest Base Camp and Island Peak summit adventure and farewell with traditional Nepali culture. Untill your next Nepal Adventure.

Included Services

- Airport pick-up and drop-off service in Kathmandu by private vehicle
- 3 nights hotel accommodation in Kathmandu (arrival, preparation, and post-expedition) on twin-sharing basis
- Kathmandu-Lukla-Kathmandu round-trip flight (domestic airfare)
- All required trekking and climbing permits: Sagarmatha National Park Entry Permit, Khumbu Pasang Lhamu Rural Municipality Permit, Island Peak Climbing Permit (NMA issued)
- Experienced licensed English-speaking trekking guide
- Certified climbing guide (for Island Peak summit push)
- Porter service (1 porter for every 2 trekkers, carrying 20-25 kg shared load)
- Best available teahouse accommodation during the trekking route
- Tented accommodation at Island Peak Base Camp
- Three meals per day during trekking and climbing (breakfast, lunch, dinner)
- Hot drinks (tea/coffee) during trekking meals
- Climbing training session at Chhukung by professional guide
- Full climbing support including rope fixing and safety management
- Climbing equipments like; Ice axe, Crampons, Harness, Helmet, Rope support during summit push
- First aid medical kit carried by guide
- Guide and porter insurance, salary, food, and accommodation
- Government taxes and service charges
- Assistance in emergency coordination and helicopter evacuation process

Excluded Services

- International airfare to and from Nepal
- Nepal entry visa fees (payable on arrival at Kathmandu Airport)
- Travel insurance (mandatory, must cover high-altitude trekking and climbing up to 7,000m with helicopter evacuation)
- Meals in Kathmandu (lunch and dinner)
- Personal trekking and climbing equipment (boots, down jacket, sleeping bag, trekking poles, etc.)
- Hot showers, Wi-Fi, and charging fees in teahouses
- Personal expenses
- Tips for guide, porter, and climbing staff
- Any service not explicitly mentioned in the “Included” section

Fixed Departure Dates

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Frequently Asked Questions

Q: How difficult is the Island Peak Expedition with Everest Base Camp Trek?

This expedition is considered a challenging high-altitude adventure. It combines the classic Everest Base Camp Trek with a technical peak climbing experience on Island Peak (6,189m). Trekkers should be prepared for long trekking days, glacier walking, steep ascents, and use of climbing equipment such as ropes and ice axes. Good physical fitness and mental endurance are essential, but prior climbing experience is not mandatory as training is provided during the expedition.

Q: What is the highest point of this expedition?

The highest point is the summit of Island Peak at 6,189 meters. In addition, the trek reaches Everest Base Camp (5,364m) and Kala Patthar (5,545m), offering close-up views of Mount Everest and surrounding Himalayan giants.

Q: Do I need prior climbing experience for Island Peak?

No prior technical climbing experience is required, but basic fitness and trekking experience at high altitude are strongly recommended. A pre-summit training session is conducted in Chhukung, where guides teach rope techniques, ice axe use, and safety procedures. The Island Peak Expedition is taken as the first step of Expedition.

Q: Do I need a guide for this expedition?

Yes, a licensed trekking and climbing guide is mandatory. Island Peak is a technical climbing peak, and the Everest region requires organized trekking through a registered agency. Guides ensure safety, navigation, climbing support, and permit management.

Q: What permits are required for this expedition?

You will need:

- * Sagarmatha National Park Entry Permit
- * Khumbu Pasang Lhamu Rural Municipality Permit
- * Island Peak Climbing Permit (issued by the Nepal Mountaineering Association)

All permits are arranged by your trekking agency before departure.

Q: What kind of accommodation is available during the trek?

Accommodation is provided in the best available teahouses throughout the Everest trekking route. Rooms are generally twin-sharing with basic facilities. In higher regions like Lobuche, Gorak Shep, and Chhukung, accommodations are more basic due to altitude and remoteness. At Island Peak Base Camp, tented accommodation is used.

Q: What type of food is available on the trek?

Teahouses serve freshly prepared meals including Dal Bhat (rice and lentils), noodles, pasta, soups, fried rice, potatoes, eggs, vegetables, pancakes, tea, and coffee. Meals are designed to provide high energy for trekking and climbing in extreme altitude conditions.

Q: When is the best time for Island Peak climbing and Everest Base Camp Trek?

The best seasons are spring (March to May) and autumn (September to November). These periods offer stable weather, clear skies, and the best climbing conditions with excellent visibility of Everest, Lhotse, Ama Dablam, and other peaks.

Q: How many hours do we trek each day in this itinerary?

On average, trekkers walk 5 to 7 hours per day. Some days, especially during Everest Base Camp, Kala Patthar, and summit push days, can extend to 10–12 hours depending on conditions and altitude.

Q: Is altitude sickness a risk on the Island Peak expedition?

Yes, altitude sickness is a serious risk due to elevations above 6,000 meters. Proper acclimatization days in Namche Bazaar and Dingboche, slow ascent, hydration, and following guide instructions are essential to reduce risks.

Q: What makes Island Peak special?

Island Peak (6,189m), also known as Imja Tse, is one of the most popular trekking peaks in Nepal. It offers a perfect introduction to Himalayan climbing, combining glacier travel, fixed rope sections, and a spectacular summit view of Lhotse, Makalu, Ama Dablam, and Baruntse.

Q: What makes Everest Base Camp Trek special in this expedition?

Everest Base Camp (5,364m) is the legendary starting point for Everest expeditions. It offers close views of the Khumbu Icefall and provides an unmatched Himalayan atmosphere surrounded by the world's highest peaks.

Q: Is Wi-Fi and mobile network available in Island Peak?

Mobile network is available in lower regions like Lukla, Namche, and parts of the trail. However, connectivity becomes weak or unavailable at higher elevations. Wi-Fi is available in many teahouses for an additional cost.

Q: What should I pack for the Island Peak expedition?

Essential items include:

- * Down jacket and thermal layers
 - * Waterproof jacket and pants
 - * Mountaineering boots (crampon compatible)
 - * Sleeping bag (-20°C recommended)
 - * Gloves, hat, sunglasses, sunscreen
 - * Trekking poles
 - * Headlamp
 - * Personal first aid kit
 - * Climbing gear (provided by agency or rental): helmet, harness, ice axe, crampons
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Q: Is travel insurance mandatory for Island Peak Expedition?

Yes, travel insurance is compulsory. It must cover high-altitude trekking and climbing up to at least 7,000 meters and include emergency helicopter evacuation, medical treatment, and accident coverage.

Q: What is the group size?

Group sizes typically range from 2 to 10 climbers for safety and personalized support. Private expeditions are also available for more flexibility and customized service.

Q: What is the luggage limit for porters in Island Peak Expedition and Everest Base Camp Trek?

Each porter carries approximately 20–25 kg shared between two trekkers. Personal daypacks should carry essentials such as water, snacks, extra clothing, and valuables.

Q: How is drinking water managed on the trek?

Drinking water is available at teahouses and villages. Trekkers are advised to use boiled water or purification tablets/filters for safety. Bottled water is available but discouraged due to environmental concerns.

Q: What happens in case of emergency during expedition?

In case of altitude sickness, injury, or weather-related issues, helicopter evacuation can be arranged immediately. This is why comprehensive travel insurance is mandatory for all participants.

Q: Do I get training before climbing Island Peak?

Yes. A dedicated training day at Chhukung is included where guides teach rope handling, climbing techniques, use of crampons, ice axe safety, and summit preparation.

Q: Why choose Bridge Nepal Treks & Travels for this expedition?

Bridge Nepal Treks & Travels provides experienced high-altitude guides, certified climbing support, carefully planned itineraries, strong safety protocols, and personalized service. The expedition is designed to ensure maximum safety, proper acclimatization, and a successful summit experience while offering an unforgettable Everest region adventure.

Trip Information

- About The Trek
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